

Growing Healthy Families



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Half servings

We live in a land of plenty — plenty of food! We especially see lots of food when we eat away from home. Restaurants are serving larger portions of food, on larger plates than ever before. We demand value. We want large portions at a reasonable cost. Restaurants serve large portions to keep customers happy and coming back for more. All this food is leading to an increase in obesity. Half of all Americans are overweight. One of the best ways to control weight gain would be to eat half of what is served. Save your money and your health when eating in restaurants by eating less. Here are some ideas to help control portions:

- Order lunch size or appetizer portions. They are often half the size of dinner portions and cost less.
- Share a meal with a friend or child. Ask for an extra plate.
- Eat only half. Cut your meal in half and decide how much you will eat before starting. Take the other half home for later.



What's a serving size for my child?

Young children eat smaller servings than adults and older children. Offer one tablespoon of food per year of age for young children. A typical meal for a 2-year-old would include 2 tablespoons meat, 2 tablespoons vegetables, 2 tablespoons noodles and $\frac{1}{2}$ cup milk. This may not seem like a lot of food, but these are good amounts to start with. Offer more if your child wants to eat more. Let your child decide how much to eat.





Off to a good start — school breakfast and lunch programs

If you have children starting or going back to school this fall, they may benefit from the School Breakfast and Lunch Programs. Children who participate in these programs tend to be absent less, have better test scores, and get more of the healthy foods they need. Families on WIC or with children who have graduated from WIC may be eligible for free or reduced-cost school meals. Most schools in Vermont offer lunch and many also offer breakfast programs. To find out if your school offers these programs and to get more information about enrolling for free or reduce-cost meals, contact your school.

Tasty turkey

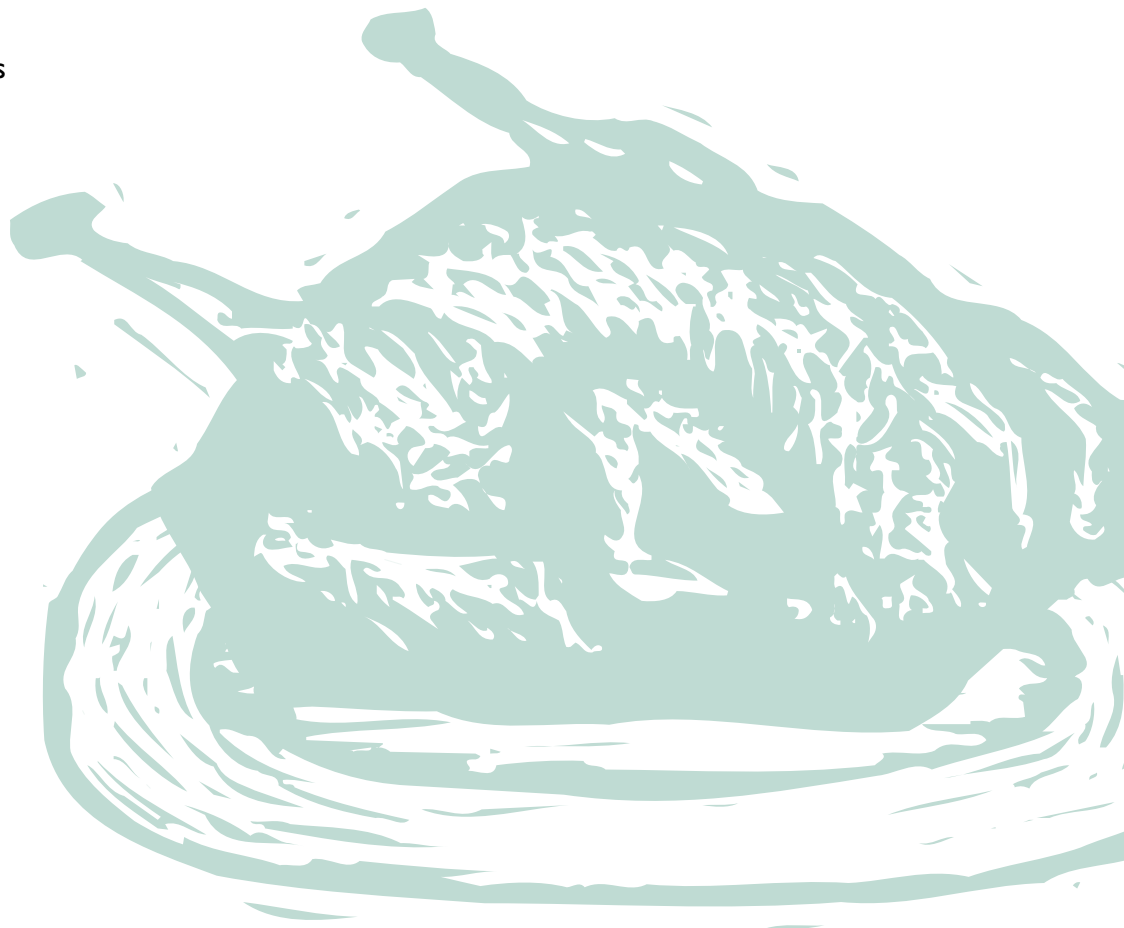
Turkey is a low fat meat which is rich in protein and iron. It can also be inexpensive. Whole turkeys are often on sale during November, so stock up — frozen turkey can be stored in your freezer for up to 12 months. Did you know the average 12 pound turkey can serve a family of four, four meals? Leftovers can be used in a variety of ways.

Refrigerate or freeze leftover turkey as soon as possible. You can use refrigerated turkey for up to three days. Cooked turkey that has been frozen can be kept for up to four months.

Freeze turkey in bite size pieces that will be ready to use for quick meals.

Cooked turkey can be added to:

- spaghetti sauce
- canned or homemade soups
- macaroni and cheese
- flavored noodle or rice dishes
- quesadillas or tacos
- sandwiches
- stir fried dinners
- pizza
- salads



Roast a turkey

- Be sure to give the turkey enough time to thaw in the refrigerator. Never thaw foods at room temperature.
- Rinse the turkey inside and out before cooking. Remove the bag of giblets before cooking.
- Roast in a 350°F oven. Cook the turkey in a shallow roasting pan with 2 inches of water. Add more water as needed.
- How long should the turkey cook? Read the directions on the package. A 12-pound turkey needs to cook 3 hours.
- Use a meat thermometer. The temperature should reach at least 180°F in the thigh.

Easy-to-Make Turkey or Chicken Salad

Serves 4

1 1/2 cups cubed, cooked turkey or chicken

1/4 cup low fat or fat free mayonnaise

salt and pepper, to taste

1 teaspoon seasoning (try garlic or onion powder, dried parsley, dill, curry powder or mustard)

Mix all ingredients in bowl. Use in sandwiches, wraps or on top of salads. For extra flavor and crunch, add one or more of the following:

1/2 cup chopped celery

1 tablespoon chopped onion

1/2 cup chopped walnuts, almonds or pecans

1/2 cup chopped grapes

Nutrition analysis per serving: Calories 110, Protein 10 grams, Carbohydrates 1 gram, Fat 7 grams, Sodium 220 milligrams (based on basic recipe, without additions).

clip & save recipe!



Safe leftovers

Leftovers are great for tomorrow's lunch at home, work or school. They can make a quick meal. Keep your leftovers safe and tasting great by:

- Refrigerating leftovers as soon as possible and at least within 2 hours.
- If you are eating in a restaurant, take leftovers home quickly.
- Leftovers can be kept safely in your refrigerator for 2 to 3 days. Label, date and freeze leftovers that you want to save longer.
- When possible, avoid microwaving leftovers in plastic containers or styrofoam. Use glass or microwave-safe containers.

Keeping children safe in motor vehicles — new Vermont law

On January 1, 2004, a new law will go into effect to help keep children safe in motor vehicles. Here is some important information you'll want to know about the law:

- All infants under 1 year of age and all children weighing less than 20 pounds (regardless of their age), must ride rear-facing in a properly-used child restraint that is not installed in front of an active air bag.
- All children, up to the age of 8, must ride in a properly-used child restraint (infant, convertible, combination, booster seat, or safety harness).
- All children, 8 to 16 years of age, must ride in a properly-used child restraint or safety belt system.
- Penalties for not following the new child passenger safety laws are \$25 for a first violation, \$50 for a second violation, and \$100 for a third violation and any there after.

For more information about this new law or for other information on child passenger safety, please call the Governor's Highway Safety Program at 1-888-TOT-SEAT (868-7328).

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